

I CHOOSE TO MAKE THE REST OF MY LIFE THE BEST OF MY LIFE: AVASCULAR NECROSIS OF FEMUR HEAD WITH PELVIS ADDUCTION CONTRACTURE

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Introduction: Avascular necrosis of the femoral head is a destructive disease that usually affects young adults with high functional demands and can have devastating effects on hip joint. The treatment depends on extent and location of the necrosis lesion and on patient's factors, that suggest disease progression, collapse probability and also implants survival. 52 years old female patient presented with right hip pain for 2 years. She had history of fall 4 years prior and did not seek any medical treatment. Patient is ambulating with walking stick and short limb gait. Examination showed true length shortening of 2cm and adduction contracture of right hip. Radiograph showed stage 4 avascular necrosis of femoral head. After careful discussion and risk assessment patient was scheduled for total hip replacement.

Discussion: Under general anaesthesia, patient was position on lateral position. Fully cemented total hip arthroplasty was performed via posterior approach. Adductor tenotomy was done in view of tight adduction. Three months following the procedure, she was driving her car, walking without the support and gradually weaned off the hip precautions. She had successfully completed physical therapy and had a full range of motion. The patient was back to her baseline and had joined a new job. She was overjoyed with the success of the procedure and the relief of pain

Conclusion: Hip joint is one of the major weight bearing joints of the body, normal function is necessary for peaceful and enjoyable day-to-day life. Total hip arthroplasty, since its advent, has immensely decreased the sufferings of mankind, who was rendered unhappy and crippled due to variety of hip diseases.